



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov](http://www.needhamma.gov)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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A special thank you to  
Triad Advertising for their  
donations toward this  
expanded edition of the  
*Senior Compass*.

## DEAR FRIENDS,

We hope that you are enjoying the Senior Compass. The Friends of Needham Elderly Board has been working to try and finance this monthly newsletter since past survey results have told us that most of you find out about the programs and services being offered by the Council on Aging by reading it. This endeavor is costly! We need memberships, donations, and advertising to increase so that we can maintain this service. If we all do our part, the Council on Aging will continue to be able to reach over 4,000 households through the Senior Compass. Thank you, in advance, for helping us to support the Needham Council on Aging.

On November 4th, Mary O'Connor will have a large Boutique Sale and Bake Sale at the Senior Center. She is now accepting donations of new or almost new, re-gifted items. Also, any craft-made items and donations of skeins of yarn and fabric (not wool) will gladly be accepted. All proceeds from both sales will be donated to the Friends and will help support the Compass and other Council on Aging programs. Items can be dropped off at the Senior Center.

October – New England at its best!! The air is crisp and clear, the foliage is breathtaking, and apple-picking is such fun! We hope you all have a great month!

*Jan + Pat*

## FRIENDS OF NEEDHAM ELDERLY MEMBERSHIP/ DONATION FORM

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership	\$25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	<b>\$ _____</b>

\*Name of Deceased \_\_\_\_\_

If acknowledgement to family is desired,  
please provide the following information:

Name of Deceased Family and Address

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please make checks payable to:  
FRIENDS of Needham Elderly and mail to:  
FONE, 83 Pickering Street, Needham,  
MA 02492 **Questions? Please send  
inquiries to [f-o-n-e@comcast.net](mailto:f-o-n-e@comcast.net).**

## HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or [sjackson@town.needham.ma.us](mailto:sjackson@town.needham.ma.us).

**SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM**





COUNCIL  
ON AGING  
Needham

**Council on Aging  
Chairperson**  
Susanne Hughes

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**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

## DEAR FRIENDS,

The Council on Aging was very busy these past few months... there never seems to be a slow time for this department or for that matter the Stephen Palmer Senior Center. One of the major things we accomplished is the hiring of a new building monitor. Mr. Won Whang has joined our team and we are delighted to have him. When you are next in the center please introduce yourself and offer him welcome.

After preparing several "end of the year" reports some interesting facts presented themselves: at least 8000 phone calls were answered by our receptionists alone, over 300 volunteers donated over 22,000 hours of service to our department, the van provided over 7000 rides and covered over 10,000 miles, the SHINE counselors helped to save Needham residents an estimated \$153,940 in health care costs and over 3500 individuals were touched by this town department within this 12 month period of time! Mostly what these figures say is that this department continues to work very hard to provide information, services and programming to all of the residents of Needham. Again, I need to say, I am very proud to be a part of this collaborative effort and to be a member of this wonderful team.

Happy Fall,

*Jamie*

### NEEDHAM COUNCIL ON AGING AND SENIOR CENTER DONATIONS

- Needham Triad
- Leo Treggari
- Elvira Palmerio in memory of Betty Nowell
- Friday Quilters

#### FRIENDS DONATIONS

Catherine Carr  
Dorothy Caulfield  
Elizabeth G. Hussey

Helen J. Lee  
James Hugh Powers

#### MEMORIALS

Helen J. Lee in memory of  
Elizabeth Nowell  
Jean Roy in memory of  
Romeo J. Roy

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# RETIREMENT: ARE YOU READY?

## A LOOK AT FINANCES, BENEFITS, AND SELF-FULFILLMENT

**October 30th • 4:30 - 8:00 pm**

At the Needham Public Library

**Registration is required. There is no fee for this program.**

This seminar, presented by a panel of experts will provide the information and resources you need to assess your financial situation and to help you determine a retirement plan. The panel will include a certified financial planner, a representative from the Norwood Social Security office and a recent retiree who has found numerous ways to increase self-fulfillment in retirement. To register for this program, call the Needham Council on Aging at (781) 455-7555. This Program is sponsored by the Needham Council on Aging.

## IT'S A FIRST...

# YOU ASKED FOR IT! YOU GOT IT! OUR FIRST BIG BAND HARVEST MOON DANCE!

**Friday, October 17th • 1:30 - 3:30 pm**

**The Olde Kids**

**SIGN-UP IS REQUIRED. COST FOR THE EVENT IS \$4.00.**

**Location: Off site:**

**The First Baptist Church located on 858 Great Plain Avenue**

**Please note: Because the Senior Center does not have a room large enough to hold the event we have rented space at the Baptist Church located on 858 Great Plain Avenue (which is only about 200 feet from the Senior Center). Parking is available at the Senior Center and the Church.**

The Olde Kids Band is an eighteen piece band including: 5 saxes, 4 trombones, 4 trumpets, rhythm (piano, bass, guitar, and drums). The band's lead singer is female vocalist Mara Castle, who states that by far her favorite role model is Rosemary Clooney. Also singing are two male horn players. The Olde Kids Band consider themselves retired but not from MUSIC AND PERFORMING. The band rehearses and performs on a weekly basis! They are comprised of musicians who are retired business executives, accountants, teachers, lawyers and a retired officer with the CIA or FBI. The band's repertoire is from the swing era – 30's and 40's. The band will also take music requests. So come on down, request your favorite tune, dance or simply enjoy the music and refreshments.

## ARTS ON THE BIG SCREEN

**Tuesdays • 1:00 pm**

At the Needham Senior Center

### October 7th That's Entertainment, 1994

Gene Kelly hosts this collection of some of the best song and dance numbers from MGM. Dance diva Ann Miller shines in "Shaking the Blues Away," Eleanor Powell moves to the beat of "Fascinating Rhythm," and hoofers Mickey Rooney, Douglas MacPhail and Judy Garland step lively to "Good Morning."

### October 21st Swan Lake – American Ballet Theatre, 2005

Caroline Kennedy introduces this memorable production of Pyotr Ilyich Tchaikovsky's most popular classical ballet, recorded at the John F. Kennedy Center for the Performing Arts in Washington, D.C.

### October 28th Young @ Heart, 2007

The Young@Heart chorus, is a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual poignant rock songs. Stephen Walker's humane and heart-warming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their new show.

## MOVIES AT 1:00 PM

### WEDNESDAYS

**October 1st  
Becoming Jane**

**October 8th  
Yours, Mine and Ours**

**October 15th  
Lucille Ball**

**October 22nd  
Dancing Lady**

**October 29th  
The Red Danube**

### FRIDAYS

**October 3rd  
Operation Petticoat**

**October 10th  
Please Don't Eat the Daisies**

**October 31st  
Jennie**

# NEEDHAM COUNCIL ON AGING AND SENIOR CENTER

As you may or may not know, the Needham Council on Aging and Senior Center does not receive funding for recreational programming. Our greatest attempt is to recruit volunteers to teach or lead programs. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

## LIFE LONG LEARNING AT THE NEEDHAM SENIOR CENTER

### PROGRAMS AND CLASSES, FALL 2008

So, your grandchildren are heading off to college and now so can you, at your local Needham Council on Aging and Senior Center! Increasing in popularity are life long learning opportunities for older adults. This fall we have programs that include Art, Music, Literature, Language and Current Affairs. It's up to you, you can take one or as many classes as you would like.

**IMPORTANT:** Due to space limitations and because the Literature, Music and Art classes are popular, we encourage you to secure your seat by pre-registering using the attached form. Once we receive your registration form, we will then send you a confirmation letter for the classes that you have signed up for. Also please check the location of the class. Due to our space limitations we are unable to hold all our programs at the center. To accommodate all of our programs we utilize space at the following locations: Avery Crossings Assisted Living, YMCA on Chestnut Street, the Baptist Church and St. Joseph's School.

### ART HISTORY

#### AMERICAN ART- (1950 -1990)

**Wednesday, October 1st • 10:30 am**

Please note location is off site:

**Avery Crossings, 110 West Street**

***Pre-registration is recommended.***

***Cost of the program is \$4.00.***

In the second half of the century, America breaks free of its European bonds to defy convention, and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality, innovative, sometimes controversial, and whether you swear by it, or at it, it's always fun. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. Where in the world do you think it is going next?

### CLAUDE MONET

**Wednesday, November 5th • 10:30 am**

Please note location is off site:

**Avery Crossings, 110 West Street**

***Pre-registration is recommended.***

***Cost of the program is \$4.00.***

The engine behind the Impressionists. The artist whose direct observation of nature, atmosphere and light is most associated with the ideals of Impressionism. Join us for a retrospective look at his life, his work, his influence and his contribution to the most revolutionary new style of painting.

### MUSIC AND DANCE

**Wednesday, December 3 • 10:30 am**

Please note location is off site:

**Avery Crossings, 110 West Street**

***Pre-registration is recommended.***

***Cost of the program is \$4.00.***

The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us hear, and dance and connect to the world and our own lives.

About the Presenter: Jane Blair, an art educator is the founder of an art awareness program, Art Matters. Ms. Blair has a bachelor's degree of Fine Arts from Boston University and a master's degree in Fine Arts from the University of Illinois. She teaches art at DeCordova Museum Art School in Lincoln, MA.

### LITERATURE

#### GAIL RICE, BOOK REVIEWER FOR "LOVING FRANK" BY NANCY HORAN

**Monday, October 20th • 1:30 pm**

At the Needham Senior Center

***Pre-registration is recommended.***

***Cost of the program is \$4.00.***

This beautifully written novel is based on the true story of the love affair between renowned architect Frank Lloyd Wright and Mamah Borthwick Cheney. In 1903, Mrs. Cheney and her husband commissioned Mr. Wright to design a new home for them. It was then that Mamah and Wright began a relationship that would shock Chicago during the early 1900's. Come and hear a review of the novel that every book club is talking about this month!



## GAIL RICE, BOOK REVIEWER FOR "THE SPACE BETWEEN US" BY THRITY UMRIGAR

**Monday, November 10th • 1:30 pm**

At the Needham Senior Center

**Pre-registration is recommended. Suggested cost for the program is \$4.00.**

Set against the backdrop of modern day Bombay, this novel is the story of the friendship of two women: Sera and her long-time servant, Bhima. Bhima has worked in the Dubash household for more than twenty years and has had an extremely harsh life full of despair and loss. We follow the lives of these remarkable women right to the very dramatic ending where each of them is forced to make their own surprising choices!

About the Presenter: Gail Rice is a former teacher and professionally speaks to groups, reviewing the most interesting books of today! Whether you choose to read the books before the talks or not, you are guaranteed to thoroughly enjoy this program.

## MUSIC GREATS

**GEORGE M. COHAN, IRVING BERLIN AND  
HOAGY CARMICHAEL**

**Monday, October 27th • 1:30 pm**

At the Needham Senior Center

**Pre-registration is recommended. Cost of the program is \$4.00.**

David Polansky's "Senior Cabaret" is a fun filled hour in which the audience is taken on a musical trip through the last hundred years, featuring the works of George M. Cohan, Irving Berlin and Hoagy Carmichael, using his keyboard and his trumpet (don't worry, it's easy on the ears). David will provide background information about these music greats and intersperses the program with live music.

About the Presenter: David is an accomplished trumpet player in constant demand throughout the New England area. Over the years he has worked with Arthur Fiedler, Sandler and Young, Phyllis Diller, Henny Youngman, Ray Bolger and others.

## RODGERS AND HART

**Tuesday, November 18th • 1:30 pm**

At the Needham Senior Center

**Pre-registration is recommended. Cost of the program is \$4.00.**

Mr. Stanley Macht will discuss the life and works of Rodgers and Hart interweaving the program with live music with songs such as, Blue Moon, My Romance, Where or When, My Heart Stood Still and others.

About the Presenter: Stanley Macht is a gifted pianist and musicologist. He currently does over 300 performances a year!

## IRVING BERLIN

**Monday, December 1st • 1:30 pm**

At the Needham Senior Center

**Pre-registration is recommended. Cost of the program is \$4.00.**

A one hour program dedicated to the life, works and songs of Irving Berlin. Jack Craig will trace Mr. Berlin's rise, work with legendary performers and the musical spell he cast over America. Jack Craig will also perform some of the 300+ songs created by Irving Berlin.

About the Presenter: Jack Craig earned a Music Education degree from Lowell State College. Jack spent 32 years teaching. Over the past ten years, he has created, 'Music with Class!' His programs express his passion for music, and have inspired 'new generations' to love these music greats.

## REGISTRATION FORM

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

When registering you may sign-up for one or as many classes/sessions as you would like. Simply check off the programs that you wish to attend. Next add your fees and submit a check, made out to the Needham COA and mail it to the Needham Council on Aging at 83 Pickering Street, Needham MA 02492.

## ART HISTORY

☐ **Wednesday, October 1st**  
American Art (1950-1990)  
Fee: \$4.00

☐ **Wednesday, November 5th**  
Claude Monet – Fee: \$4.00

☐ **Wednesday, December 3rd**  
Music and Dance – Fee: \$4.00

## LITERATURE

☐ **Monday, October 20th**  
Gail Rice, Book Reviewer  
for "Loving Frank" by  
Nancy Horan – Fee: \$4.00

☐ **Monday, November 10th**  
Gail Rice, Book Reviewer for  
"The Space Between Us" by  
Thrity Umrigar – Fee: \$4.00

## MUSIC GREATS

☐ **Monday, October 27th**  
George M. Cohan, Irving  
Berlin and Hoagy Carmichael  
Fee: \$4.00

☐ **Tuesday, November 18th**  
Rodgers and Hart – Fee: \$4.00

☐ **Monday, December 1st**  
Irving Berlin – Fee: \$4.00

## MONDAY'S LUNCH BUNCH

**October 6 –  
Cheesecake Factory,  
Natick**

**October 13 – Closed  
due to Columbus Day**

**October 20 –  
TGI Friday's, Dedham**

**October 27 –  
Charley's, Newton**

Meet at the  
Needham Senior Center

**Sign-up is suggested**

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am. Board our Van and enjoy the ride. Enjoy!! To sign-up call 781-455-7555.

## TRIPS

In November we will present our Annual Overnight Trip to the beautiful **White Mountain Hotel** in No. Conway, N.H. It is a 3 day, 2 night trip with all the amenities, wonderful scenery, outstanding meals (ordered from the menu), and fantastic surroundings. \$379 twin, \$349 triple, and \$469 single. Call for particulars. The final trip of the year will take place on December 4th when we will travel to the **Yankee Pedlar Inn** for a spectacular meal, a trip to the Christmas Tree Shop and top it off with a drive through the Bright Nights display in Forest Park in Springfield. The price – only \$60.

## SPANISH, BASIC-LEVEL Tuesdays from 9:00 - 10:00 am

At the Needham Senior Center

**There is no fee for this program.**

This class is for those who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class gives you the tools to learn Spanish and also proves to be great fun for all. Our thanks to Rosa for taking time out of your busy schedule to volunteer/teach at the COA. There is no fee for this class. For more information, please call Sherry Jackson, 781-455-7555.

## CURRENT EVENTS GROUP

**Tuesday, October 7th and 21st • 10:30 - 11:30 am**

At the Needham Senior Center

**There is no fee for this program.**

We have two enthusiastic co-leader volunteers who facilitate the group. If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share with one another information in a supportive environment. We meet on the first and third Tuesday of the month between 10:30 and 11:30 a.m. at the Needham Senior Center, 83 Pickering St.

## CREATIVE WRITING GROUP

**Tuesday, October 14th and 28th • 10:30 - 11:30 am**

At the Needham Senior Center

**There is no fee for this program.**

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most of all having fun. The class is facilitated by a published writer who has agreed to volunteer his time with us. The class meets on the second and fourth Tuesday of the month.

## ART COURSE

**Mondays, October 6th and 20th • 1:00 pm**

At the Needham Senior Center

**SIGN-UP IS RECOMMENDED. IF YOU DO NOT HAVE YOUR OWN MATERIALS THERE IS A ONE TIME COST OF \$5.00**

Did you ever want to dabble in artwork, but never thought you could draw? The Senior Center welcomes you to join its art class that includes something for everyone. Class will be held on Mondays at 1 p.m. Depending on your preference and interest, this class will include drawing and/or coloring using colored pencils, or you can try your hand at calligraphy. For the first class, they will supply you with a sketchbook and a set of colored pencils to keep for yourself. A one-time donation of \$5 for materials is suggested. To sign-up or for more information call the Needham Senior Center at 781-455-7555.

## MAH JONG CLASS

At the Needham Senior Center

**SIGN-UP IS REQUIRED. COST FOR THE CLASS IS \$20.00  
FOR ALL FOUR SESSIONS.**

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if mah jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$20 total, payable at the first session. To register, call 781-455-7555.

## SAVE THE DATE VOLUNTEER APPRECIATION LUNCHEON – NOVEMBER 6, 2008

### VOLUNTEER OPPORTUNITIES:

The Needham High School community would like to involve as many senior citizens as possible in high school programs. The new high school building is a large place requiring a variety of adults to keep it running smoothly. Ideally, the High School administration would like to have pairs of volunteer senior citizens stationed each day at the main entrance to act as Senior Greeters. The Senior Greeter's main responsibility would be to act as an extra pair of eyes and ears at the school's main entrance and to welcome visitors to the high school community. The Needham Public Schools (NPS) and the Needham Council on Aging (NCOA) will be partnering for intergenerational volunteer opportunities. The NPS are seeking non-parent volunteers to act as GREETERS in the High School, to offer MATH ASSISTANCE throughout the NPS, and SUPPORT in the NEEDHAM SCIENCE CENTER.

### YOU ARE INVITED TO "A MEET AND GREET COFFEE"

**Friday, October 3 • 12 noon - 1:00 pm**

Coordinators from the NPS will be at the senior center to share with us their vision of this program and to answer questions. BUILDING RELATIONSHIPS ACROSS GENERATIONS, MAKES NEEDHAM A BETTER PLACE TO BE. To learn more about this enriching and exciting volunteer collaborative please contact Penny Gordon at the Stephen Palmer Senior Center, 781-455-7555.

### BOUTIQUE UPDATE

We are busy getting ready for a large boutique and bake sale to take place on Election Day, November 4th. The Friends are now accepting donations of new or almost new, re-gifted items. Also, any craft-made items and donations of skeins of yarn and fabric (not wool) will gladly be accepted. All proceeds from both sales will be donated to the Friends and will help support the Compass and other Council on Aging programs.

### SENIOR CENTER VOLUNTEER OPPORTUNITIES:

**Friendly Visitors**

**B.A.G.S.- Bringing Assisted Grocery Shopping  
Receptionist**

### LOW VISION SUPPORT GROUP

**Friday, October 17, 2008 • 10:00 am**

At the Needham Senior Center

The Low Vision Support Group meets at the Needham Senior Center on the third Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. The group addresses topics about how to use specialized equipment in the home or on the job; how to maintain independence; aging and vision loss; and the effects of vision loss on family and friends. If you need a ride, call the Needham Senior Center and we will arrange one for you. Call 781-455-7555.

## HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS™

### A 6 week course

At the Needham Senior Center  
***There is no fee for this program.***

**Space is limited and  
sign-up is required. To  
sign-up call, 781-455-7555.**

As soon as we have enough interested people to sign-up for this class, we will begin to offer it on Tuesdays, from 12:30 pm – 3:00 pm.

Healthy Eating for Successful Living in Older Adults is a program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. This is a nutrition education program, not a weight loss program. The focus of this program is to stress heart healthy and bone healthy nutrition strategies to help maintain or improve participants' wellness and independence and prevent chronic disease development or progression. There is no charge for these classes, but participants are expected to make a commitment to the full 6 weeks of classes.

### SENATOR SCOTT BROWN'S AIDE

**Tuesday, October 28th  
10:15 am**

Senator Scott Brown or a member from his staff will be available to hear your concerns and answer any questions about State Government you may have.

## WALKING CLUB

### The Walking Club

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up call Sherry at the Needham Senior Center 781-455-7555.

### The Walking Pals Program

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up call Sherry at the Needham Senior Center 781-455-7555.

## BALLROOM DANCE CLASS, THE CHA-CHA

### A Four Week Class, Tuesdays

**2:00 – 3:00 pm**

At Needham YMCA –

Aerobics Room at

380 Chestnut Street, Needham

**SIGN-UP IS REQUIRED.**

**COST FOR THE CLASS**

**IS \$16.00 FOR ALL**

**FOUR SESSIONS.**

**To Sign up Call the**

**Needham Senior Center**

**at 781-455-7555**

A new four-week ballroom dancing class will be held Tuesdays from 2 – 3 pm. Please wear shoes that allow movement on a wood floor – best if not rubber soles. The cost is \$16 for all four sessions.

## TWO NEW EXERCISE CLASSES...

### THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA CADIGAN

**Tuesdays and Thursdays • 2:00 - 3:00 pm**

**Off Site Location:**

**Sign Up is Required**

**For location and cost of this program call the**

**Needham Senior Center at 781-455-7555**

The Council on Aging in collaboration with the Arthritis Foundation is pleased to offer this important exercise class. This class is designed specifically for persons with rheumatic disease, taking into consideration the pain, fatigue, and decreased strength which often accompanies arthritis. The program includes accommodations for individual limitations, and does not encourage activities which might aggravate, but rather focus on those which relieve arthritis symptoms. The program content includes: Range-of-motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training, Body awareness activities, Breathing exercises, Relaxation exercises, Health education, Practical tips, and Activities to promote self-care.

Depending on each person, some class members will use light weights while others will not use weights. It is important to realize that although this class is arthritis based, anyone over 55 can benefit from this workout. The instructor can tailor each exercise to suit individual needs. The general guidelines can be found on the Arthritis Foundation website – [www.arthritisfoundation.org](http://www.arthritisfoundation.org).

### SENIOR AEROBIC/STRETCHING CLASS WITH LISA CADIGAN

**An 8 week Class,**

**Tuesdays: October 7, 14, 21, 28 • 3:15 pm - 4:00 pm**

**Wednesday, November 5, 12 • 3:00 - 3:45 pm**

**Tuesday, November 18, 25 • 3:15 - 4:00 pm**

**At the Needham Senior Center**

**Sign up is required. Cost of the program is \$32.00**

This is a very low impact aerobic floor workout. It is designed with a 5 minute warm-up and cool down with 20 minutes of basic step moves to sustain moderate raise in heart rate. The class will end with 15 minutes of guided stretching and imagery. Ms. Cadigan is excited to help you improve your cardiovascular endurance, mobility, balance and flexibility. There are no senior moments in this fun class! To sign up for this class call the Needham Senior Center at 781-455-7555.

About the instructor: Lisa Cadigan is an exercise physiologist and is certified with the Massachusetts Arthritis Foundation. Ms. Cadigan is a private trainer and also conducts group exercise classes. You can see Lisa lead classes weekday mornings on the local Needham cable television channel!

## KEEP WELL CLINICS FOR JULY AND AUGUST

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

<b>October 1st</b>	<b>October 1st and 15th</b>	<b>October 22nd</b>
<b>10:30 am - 12:00 pm</b>	<b>9:00 am - 12:00 pm</b>	<b>10:30 am - 12:00 pm</b>
Seabed's Way Community Room (BOH)	Senior Center	Linden & Chambers Community Room (BOH)



# SHINE UPDATE

## SHOULD YOU CHANGE YOUR HEALTHCARE COVERAGE?

10 REASONS WHY YOU MAY WANT TO CONSIDER CHANGING MEDICARE PLANS DURING THE ANNUAL OPEN ENROLLMENT PERIOD (NOVEMBER 15 – DECEMBER 31):

- 1) Your plan's premium is too high
- 2) Some of your prescriptions are not covered by your drug plan
- 3) The cost of your prescriptions on your drug plan is too expensive
- 4) Your doctor stopped taking your plan
- 5) Your co-payments to providers cost too much
- 6) It is difficult for you to get referrals to specialists
- 7) You want to see a doctor who does not take your current plan
- 8) You have been denied medical services that you believe were needed
- 9) Your plan has made billing errors, which have been difficult to correct
- 10) Your plan's Customer Service is difficult to reach and not very helpful

If you have any problems with your plan, you should consider changing plans during the Open Enrollment Period.

## A PRESENTATION BY THE SHINE (MEDICARE COUNSELING) PROGRAM "GETTING READY FOR MEDICARE OPEN ENROLLMENT" MEDICARE CHANGES AND CHOICES FOR 2009 WHAT MEDICARE BENEFICIARIES & CAREGIVERS NEED TO KNOW

At the Needham Council on Aging and Senior Center  
**Tuesday, October 14th • 11:00 am**

**Call the Senior Center at 781-455-7555 to reserve your space.**

Even if you are happy with your plan, you may want to consider changing plans for next year. Your plan's premiums, co-pays and coverage may be changing. A different plan may be better for you. Your plan will notify you about changes which will begin in January 2009. Be sure to read and save your plan's letter.

SHINE offers free Medicare counseling at your Senior Center. Call your Center and ask for a SHINE appointment. You can also reach a SHINE counselor by telephone at (781) 453-8076. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## FREE LEGAL ASSISTANCE BOSTON COLLEGE ELDER LAW PROJECT Friday, October 31st • 1:00 - 3:00 pm

At the Needham Senior Center

Law students will be available to answer your legal questions. If you would like to make an appointment with BC legal, call the Senior center at 455-7555.

## MBTA PASSES

**Friday, October 24th**

**12:00 - 4:00 pm**

MBTA PASSES TO BE

ISSUED AT THE

NEEDHAM SENIOR CENTER

At the Needham Senior Center

If you are age 65+, or a person with a disability, you qualify for an MBTA reduced fare card. This card offers reduced fares when riding the MBTA trains or buses. Anyone who does not currently have a reduced fare card is welcome to obtain one at this event.

Please bring an I.D. with proof of age. The MBTA staff will be on hand to take your photograph for your MBTA I.D. The card will be provided to you free of charge. For more detailed information contact the MBTA office at 617-222-5438. There is no sign-up or fee for this event.

## COMPASS COLLATING

**Tuesday, October 21st  
9:30 am**

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info, call the Needham Senior Center at 781-455-7555.



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DROP-IN HOURS:  
9:00 am - 4:00 pm  
Monday thru Friday

**Are you worried about high heating bills for the coming winter?**

**Would you like to save money and be kind to the environment at the same time?**

## A PRESENTATION BY THE MEMBERS OF THE GREEN NEEDHAM COLLABORATIVE

**Monday, October 6th • 11:30 am - 12:30 pm**

At the Needham Senior Center

**Sign-up suggested.**

Cutting utility bills is a great way to save money, but it's hard to know where to start. The Green Collaborative will give a fun, hands-on presentation that will teach you how to go through your home and find ways to save energy. Learn how to choose new low-energy light bulbs and what to do about appliances that use energy even when they're turned off. The presentation will also cover the basics of weatherization, the rebates and low interest loans available, and more. Everyone will get an easy-to-use checklist to take home and information about how to sign up for an NStar energy audit.

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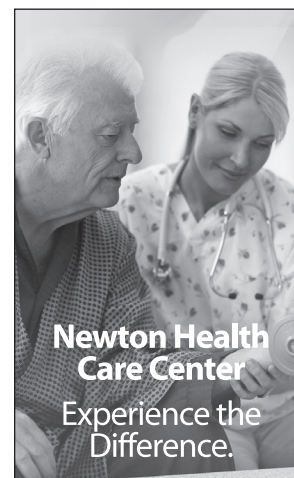
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# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR OF PROGRAMS AND EVENTS</b> Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov <b>Offsite Locations of Programs</b> #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church 858 Great Plain Ave. <b>Please Note: Items in bold indicate that sign-up is required.</b>		<b>1</b> 9:00 Keep Well Clinic <b>10:30 Art History: American Art 1950-1990</b> <b>11:45 Lunch:</b> American Chop Suey or Chicken Patty Sandwich Bridge – Men 1:00 Movie: Becoming Jane 2:30 Better Balance	<b>2</b> <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Cacciatore or R.B. and Cheese Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>3</b> <b>9:00 Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club</b> <b>11:45 Lunch:</b> Meatloaf or Tuna Salad over Mixed Greens <b>12:00 Computer Lessons</b> 12:00 Meet and Greet <b>12:00 Needham Public School Program</b> 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Operation Petticoat
<b>6</b> <b>9:00 Tai Chi Class</b> <b>10:15 Exercise with Pearl</b> <b>10:00 Walking Club</b> 11:30 Lecture: The Green Collaborative <b>11:30 Lunch Bunch: Cheesecake Factory, Natick</b> <b>11:45 Lunch:</b> Pot Roast or Seafood Salad 1:00 Bridge – Men 1:00 Art Class 1:30 Friends of Needham Elderly	<b>7</b> 9:00 Spanish Class 9:15 Bridge – Women <b>9:15 Yoga</b> 10:30 Current Events <b>11:45 Lunch:</b> Crumb Baked Macaroni & Cheese or R.B. & Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:00 Movie – Arts on the Big Screen: That's Entertainment, 1994 1:30 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>3:15 Exercise with Lisa</b>	<b>8</b> 9-11 Ping Pong in the Yellow Room <b>11:45 Lunch:</b> Pier 17 Fish or Turkey and Cheese Sandwich Bridge – Men 1:00 Movie: Yours Mine and Ours 2:30 Better Balance	<b>9</b> <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Salisbury Steak or Chicken Salad Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>10</b> <b>9:00 Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club</b> <b>11:45 Lunch:</b> Honey Mustard Chicken or Egg Salad Sandwich <b>12:00 Computer Lessons</b> 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Please Don't Eat the Daisies
<b>13</b> <b>SENIOR CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY</b>		<b>15</b> 9:00 Keep Well Clinic 9:00 Exercise 10:30 Songsters <b>11:45 Lunch:</b> Roast Turkey Dinner or Tuna Salad Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 1:00 Movie: Lucille Ball 2:30 Better Balance	<b>16</b> <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Fajita or Turkey Salad on Lettuce <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>17</b> <b>9:00 Exercise with Pearl</b> 9:15 Quilting 10:00 Low Vision Group <b>11:45 Lunch:</b> Hot Dog and Baked Beans <b>12:00 Computer Lessons</b> 1:00 Board Games 1:00 Bridge – Men <b>1:30 Big Band Harvest Mon Dance #4</b> <b>No Movie Today</b>
<b>20</b> <b>9:00 Tai Chi Class</b> <b>10:00 Walking Club</b> <b>10:15 Exercise with Pearl</b> <b>11:30 Lunch Bunch: TGI Friday's, Dedham</b> <b>11:45 Lunch:</b> Stuffed Pepper or Seafood Salad 1:00 Bridge – Men <b>1:30 Gail Rice, Book Reviewer for "Loving Frank" by Nancy Horan</b>	<b>21</b> 9:00 Spanish Class 9:15 Bridge – Women 9:15 Compass Labeling and Collating <b>9:15 Yoga</b> 10:30 Current Events <b>11:45 Lunch: Autumn Special Dinner:</b> Roast Pork, Baked Potato, Carrots and Pumpkin Cake 12:30 Ping Pong 1:00 Bridge – Men 1:00 Movie – Arts on the Big Screen: Swan Lake 1:30 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>3:15 Exercise with Lisa</b> <b>TRIP: Lake Winnepesaukee</b>	<b>22</b> 9:00 Exercise 10:30 Songsters <b>11:45 Lunch:</b> Chicken Kielbasa or R.B. and Cheese Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 1:00 Movie: Dancing Lady 2:30 Better Balance	<b>23</b> <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Beef Stew or Egg Salad Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>24</b> <b>9:00 Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club</b> <b>11:45 Lunch:</b> Crab Cakes or Turkey and Swiss Sandwich <b>12:00 Computer Lessons</b> 1:00 Bridge – Men 1:00 MBTA Passes <b>No Board Games and No Movie Today</b>
<b>27</b> <b>9:00 Tai Chi Class</b> <b>10:00 Walking Club</b> <b>10:15 Exercise with Pearl</b> <b>11:30 Lunch Bunch: Charley's, Newton</b> <b>11:45 Lunch:</b> Chicken Paprika or R.B. & Swiss Sandwich 1:00 Bridge – Men <b>1:30 Music Greats: George Cohan, Irving Berlin and Hoagy Carmichael</b>	<b>28</b> 9:00 Spanish Class 9:15 Bridge – Women <b>9:15 Yoga</b> 10:30 Creative Writing Group <b>11:45 Lunch:</b> Vegetable Cheese Quiche or Chicken Patty Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:00 Movie – Arts on the Big Screen: Young @ Heart 1:30 Cribbage – Women <b>2:00 Ballroom Dancing #1</b> <b>3:15 Exercise with Lisa</b>	<b>29</b> 9:00 Exercise 10:30 Songsters <b>11:45 Lunch:</b> Baked Fish or Chef Salad 12:00 Weight Watchers 1:00 Bridge – Men 1:00 Movie: The Red Danube 2:30 Better Balance	<b>30</b> <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Spaghetti & Meatballs or Ham Salad Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>4:30 Retirement, Are You Ready? #2</b>	<b>31</b> <b>9:00 Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club</b> <b>11:45 Lunch:</b> Turkey Divan or Seafood Salad Sandwich 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Jennie 1:00 BC Legal



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